greatest hits more 103.9 fm
want more outta life?
put more in your life!

VULNERABLE SIDE OF THE MATERIAL GIRL?

MADONNA'S FIRST ALBUM IN FOUR YEARS GETS LISTENERS INTO THE GROOVE: REVIEW PAGE 11

LONDON metro®

Tuesday, March 27, 2012

News worth sharing.

metronews.ca | twitter.com/themetrolondon | facebook.com/themetrolondon

Good Knights, AND GOOD LUCK

MORE COVERAGE, PAGE 4

Jeremy, 6, left, and Christopher, 4 — both of Ingersoll — put on their game faces before heading into the John Labatt Centre Monday night to watch Game 3 of the OHL playoffs between the London Knights and Windsor Spitfires. The Knights would go on to win the game 3-2. JOHN MATISZ/METRO

Raising pay, and hackles

Politicians' salaries. Increase would bring councillor salary to $32,970, mayor to $102,717

Payday

2008

The last year that city council and the mayor saw a wage increase.

ANGELA MULLINS
angela.mullins@metronews.ca

A planned 3.1 per cent bump in city politicians' salaries moved ahead on Monday, amid confusion about administrator pay raises and the mayor calling for councillors to be paid much more.

Members of the finance and administration committee approved an agenda item tied to the raises, with Coun. Denise Brown as the lone opposition.

During a discussion that lasted more than 30 minutes, several councillors said they were opposed to the pay hike, with most citing what they thought was a non-union wage freeze at city hall. Their stance changed after the city's human-resources boss explained that administrators will receive raises this year, and that the money was included in the 2012 budget approved last month.

Asked about the confusion after the meeting, Mayor Joe Fontana said politicians were probably making an "assumption" that staff wouldn't be getting raises. In the meantime, he and other committee members directed interim city manager Tim Dobbie to prepare a report by June 1 on how councillors' pay could be restructured.

"In my opinion, you're not paid well enough and that's a fact," Fontana said during the meeting, noting he'd support councillors making "50 to 60 per cent" of his salary.

Politicians' salaries were last addressed by a review committee in 2010. The review led to no recommended changes, but prompted city council to pass a policy that makes pay raises automatic if administrators see an increase.

That means the motion considered Monday — and the one that will be passed along to full council on April 10 — was largely ceremonial.

Coun. Harold Usher isn't on the finance committee, but was at Monday's meeting to lobby for a raise.

"If you don't accept this, it's because you're afraid of what the community is going to say," Usher told his colleagues. "It's utter nonsense to say that we don't deserve it."

1

NEWS

On the web

Analysts are calling it a "two-horse" race between Apple and Samsung as RIM's sales shrink and the lag time between its releases grows. Scan the code for the story.

On the web

Madge's drug reference over the borderline, DJ says

Canadian electronic DJ Deadmau5 has entered into a high-profile feud with Madonna, calling the Material Girl an "idiot" after she appeared to glamourize drug use during a recent concert. Get the full story at metronews.ca/video

Ornge scandal

Liberals try to share the blame

Ontario's governing Liberals tried to turn the tables on the opposition parties Monday over the Ornge scandal, saying they too failed to spot red flags at the troubled air-ambulance service.

Both the New Democrats and Progressive Conservatives knew about the changes at Ornge that shielded public money from government oversight, house leader John Milloy charged.

NDP Leader Andrea Horwath received a letter in December 2010 about the changes, which allowed Ornge to create a web of for-profit entities that were owned by its senior officers, he said.

THE CANADIAN PRESS

Finance minister

Budget so unique, it may bring on an election: Duncan

Finance Minister Dwight Duncan says there will be some things in Tuesday's budget that the opposition parties will like and some things they won't like.

The minority Liberal government needs the support of at least two opposition members to pass the budget, or Ontario will be plunged into its second election in five months.

Duncan calls it a uniquely Liberal budget and says they are prepared to ask voters to support their plan to balance the books while protecting gains in health care and education. THE CANADIAN PRESS

It's where the city's Marigolds grow

Teresa Vanderwerf, 46, of London, waters rows of Marigolds that are grown inside a city greenhouse on Springbank Drive near Wonderland Road. During the course of the year, the staff at the greenhouse will grow more than 50,000 plants that will be transplanted into civic gardens throughout the city. MARK SPOWART/FOR METRO

A safer sex trade?

Changes. Appellate court strikes down one of three laws criminalizing sex trade

ANGELA MULLINS
angela.mullins@metronews.ca

Local opinions were mixed Monday on what's billed as a landmark court decision declaring a ban on brothels unconstitutional.

Agencies and individuals who support decriminalizing the sex trade in an effort to make it safer for women called the ruling a step in the right direction. Others bashed the Ontario Court of Appeal, saying women will be in more danger if they move into brothels and under the tight control of pimps.

"When women are controlled by their pimps, they have a very difficult time coming forward to police," said Megan Walker, executive director of the London Abused Women's Centre. "What this does is legitimize sex slavery and gives an incredible amount of control to pimps."

Justices considered three legal provisions that deal largely with sex workers: the brothel ban, the prohibition of soliciting and a section of the Criminal Code that bars living on avails from the sex trade.

While prostitution itself isn't illegal, the laws make life more dangerous for sex-trade workers because they prevent working in a controlled environment, screening clients and hiring security staff, like bodyguards, opponents say. A Superior Court justice handed down a September 2010 ruling supporting that argument and declaring all three regulations unjust.

Monday's decision upheld only the lower court's ruling on brothels but suspended its declaration for 12 months, giving p arliament time to draft a new law if it chooses.

Justices considered the ban on soliciting a reasonable way to protect communities. They also "read in" wording to the criminalization of living on the avails of prostitution to make it clear that exploitation of sex workers should be illegal.

The Sexual Assault Centre London is in favour of decriminalization, and executive director Louise Pitre said the discussion the court battle has sparked needs to continue.

Dialogue

"What's really important is that we continue to work toward decriminalization, and we continue to have a dialogue."

Louise Pitre, executive director of the Sexual Assault Centre London

RBC Royal Bank

Lower debt. Increase happiness.

Save over $700* by consolidating your higher interest debts.

RBC Royal Bank® has new online tools and resources to help you develop a concrete plan to lower debt and save money.

- Create your own customized **Debt Reduction Plan**
- Explore ways to simplify payments with our **Debt Consolidation Calculator**

Get started today at rbc.com/smile

Or scan here using your mobile device to learn more.

Advice you can bank on™

*Based on $12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of $3200 @ 19% per annum with monthly payment of $150/month, and $1000 @ 25% per annum with monthly payment of $100 and loan of $8000 with 3 year term @ 9% per annum with monthly payment of $265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

METRO LONDON

Speed and Custom Car Show – March 23-25, 2012

Congratulations to all our Metro winners of the gift certificates for Scotty's Shine Shop!

SCOTTY'S shine shop

Winners

KATHRYN FLEET

JIM PENICK

CHRIS WICE

KELLY GORDON

NIRAJ SHARMA

LENORE STOYLES

ELAINE POULTER

PHILIP ELLIOTT

KIM LAMPKIN

ABIGAIL VAN OOSTERHOUT

All contest winners have been notified on how to claim their prizes.

Thanks to everyone who came to our booth for their chance to win!

Knights grab a stranglehold in opening series with Spits

OHL playoffs. London comes up big in 3-2 win over Windsor.

As a wily veteran with little flash, London Knights defenceman Brett Cook doesn't typically draw much attention to himself like some of his more flamboyant teammates.

Case in point, you'd be hard-pressed to find too many of Cook's No. 3 jerseys in a sold-out John Labatt Centre, let alone Monday night's crowd of 8,146.

Admiration, or lack thereof, didn't matter with about 12 minutes remaining in Game 3, as the 21-year-old lunged behind goaltender Michael Houser to make a game-saving stop.

"I mean, I knew it was on the line and I just dove across," he said, recalling the play through his old-school-hockey-player grin that's missing a front tooth.

Offensively, the Knights managed to get 38 pucks on Spitfires goaltender Jaroslav Pavelka.

A "kid line" that can crash and bang with the best of them was effective yet again for London. The Chris Tierney-Josh Anderson-Bo Horvat trio — all under 18 — has been instrumental as a checking line since late in the regular season.

They hooked up for the Knights' second goal, with centreman Tierney wristing one past Pavelka, short side from a bad angle.

"We've got to keep playing our game and earning our ice time," said Tierney, who scored his first of the playoffs after an 11-goal regular season.

London's linchpin on offence, winger Seth Griffith, collected his third and fourth goals of the series, while top-two-pairing defenceman Olli Maatta registered a pair of assists.

"Olli Maatta has been huge for us," Tierney said. "He's been so good on the power play, penalty kill and five-on-five. We know we can count on him."

JOHN MATISZ/METRO

Clicking

- London's power-play: 5-for-18
- London's Seth Griffith: 4 goals in 3 games

London Knight forward Chris Tierney battles for the puck after a faceoff with Windsor Spitfire Zack McQueen in the first period of Game 3 of the first-round Ontario Hockey League playoff series. London won the game 3-2 to take a commanding 3-0 lead. They can wrap up the series this Thursday when they travel to Windsor for Game 4. MARK SPOWART/FOR METRO

London paramedics answer the call oversees

Paramedic Neil Jones sits in the back of an ambulance last week at the Middlesex London EMS station on Waterloo Street. Jones and two other London first responders are on a month-long mission trip to Cambodia to improve critical infrastructure in mostly rural areas. ANGELA MULLINS/METRO

A team of London first-responders are spending the next month in Cambodia in hopes of creating a better life for people living in remote parts of the country.

Paramedics Neil Jones and Julie Colgan, along with firefighter Patrick Bradley, arrived in the Southeast Asian country Thursday, along with a team of about 15 others.

The group will spend the majority of its time building water-purification systems for households and schools along with providing advanced first-aid training to people who scour the countryside in search of active landmines.

Many of the participants — organized through a Toronto non-profit — are making their first visit to Cambodia but have years of experience in humanitarian aid and disaster relief.

Jones, for example, was dispatched to Pakistan in September 2010 for flood relief and spent two weeks last year in Libya. The work, he said, "puts life into perspective."

"When you go to these places, it just becomes so apparent that we live like kings every day, all day," said Jones, 41.

A paramedic for 18 years, he still tears up thinking about the baby who died in his arms during the 2010 mission trip. On the same day, he helped save a woman dying from dehydration.

"(Her family) walked three hours to say thank you," Jones said. "You see the smile on people's faces and that keeps you going."

ANGELA MULLINS/METRO

About the non-profit

Neil Jones and Julie Colgan are volunteers with GlobalMedic, and Patrick Bradley works through GlobalFire. Both are operational arms of the David McAntony Gibson Foundation, which helps those in need by providing supplies, equipment and expertise.

Public safety

Meeting to discuss riot

Council's public-safety committee will have a public meeting at 6 p.m. April 2 in the London Convention Centre to talk about the March 17 riot on Fleming Drive. The "nuisance-party" bylaw will also be discussed. METRO

Charity

More support for Bethesda

A fundraising campaign aimed at keeping the doors of a home for teenage mothers open has seen more than $42,000 in donations.

The campaign started March 6, giving the community until May 31 to raise $1.5 million. If the goal isn't met, the Salvation Army's Bethesda Centre will close at the end of June.

Money will be refunded if the effort falls short. Donations can be made at salvationarmy.ca.

METRO

Roads

Springbank crash victim identified

Police say Omran Khader, 21, was killed early Sunday morning when the vehicle he was driving went off the road and hit a tree. No other vehicles were involved and police continue to investigate.

AM980/AM980.CA

Benefit

Ecuadorian effort at Music Hall

The Free the Children (MOB)ilizers presents its first group-run evening for a classroom project in the rural Ecuadorian community of Llulin Totorus. The show is Friday from 7 p.m. to 10 p.m. at 470 Colborne St. METRO

Leadership

Latin American awards on Friday

Magazine Latino media will hold its fourth Latin American Leadership Awards on Friday at 7 p.m. at the London Convention Centre (300 York St.). Tickets are $60 available at the magazine offices (10-515 Richmond St.). METRO

IN PARTNERSHIP WITH
SPACE EXPEDITION
SXC
CURAÇAO
Photo Sven Prim
WE CAN TAKE YOU TO SPACE!
Metro will be the first newspaper to send a reader into space – and it could be you! Imagine feeling the sensation of weightlessness, seeing the planet from above and participating in the trip of a lifetime.
Visit WWW.METROINSPACE.COM for your chance to win.
The winner of the contest will be announced on April 12th.
metro
There are things that only the world's largest newspaper can do.
WWW.METROINSPACE.COM

BRAMA TELECOM INC.
Introducing Our Best Value
HOME PHONE
$18.95/month
UNLIMITED CANADA INCLUDING EXTRA 500 min* WORLDWIDE CALLING
* calling to 45 countries around the world
15 Features included
FREE • activation • shipping • transfer your number
This offer valid until April 27, 2012
You could WIN
50 phone packages include:
VISIT clubmetro.com TO ENTER
Start saving today!
No contract. No obligation
1 519-914-5099
www.bramatelecom.com
To register and for full contest details visit clubmetro.com

Drinking death

Alberta should pass law: Judge

A judge says the Alberta government should pass a law limiting the number of drinks a person can be served in a bar.

The recommendation is in an inquiry report about the death of Ronald Joseph Macaulay, who died in November 2007 after drinking at least 20 ounces of hard liquor in less than three hours at a hotel bar in Fort McMurray. He had a blood-alcohol level of about .50, more than six times the legal driving limit.

"In my view, this was a case of binge drinking," provincial court Judge James Jacques wrote in his report released Monday.

He described the province's Gaming and Liquor Act as an "insufficient safeguard."

THE CANADIAN PRESS

Separation survey?

Quebecers torn on Constitution

Quebecers still have an appetite for independence if they don't get constitutional reform, suggests a Leger Marketing survey.

The new survey found that 44.5 per cent of Quebecers would still support separating from Canada if the Constitution could not be changed enough to satisfy the majority of the province. Nearly 39 per cent said the province should stay in the federation even if no amendments are made; 16.8 per cent were undecided.

The survey also found that nearly 71 per cent of Quebecers believed the Quebec government should take the first step to propose changes be made to the Constitution.

THE CANADIAN PRESS

Canadian vessel featured on the new $50

Bank of Canada Governor Mark Carney holds a new $50 bill while standing in front of the Canadian Coast Guard ship Amundsen, Monday, in Quebec City. The Amundsen is displayed on the back of the new bank note, which is made of polymer. JACQUES BOISSINS/THE CANADIAN PRESS

NDP leader slams Tories on debt

House of Commons. Newly elected Opposition leader Thomas Mulcair scrappy in question period debut

Thomas Mulcair made his question period debut as NDP leader Monday after a standing ovation from his caucus and compliments from his defeated opponents.

The newly minted Opposition leader showed his scrappy side as he took on the Conservatives for the first time from his new seat in the House of Commons.

He said the government has failed miserably at getting the country back to work and demanded action in Thursday's budget.

"Since the Conservatives came to power, Canada has lost hundreds of thousands of good jobs in the manufacturing sector," Mulcair said.

Heritage Minister James Moore retorted that 600,000 jobs have been created under the Tory watch.

"We will continue to move in that direction in the next budget," Moore said.

Olivia Chow, widow of former leader Jack Layton, remained pointedly neutral during the campaign, but she dropped that attitude on Monday to praise Mulcair.

Newly elected NDP Leader Thomas Mulcair stands in the House of Commons, Monday. THE CANADIAN PRESS

"We can be proud to say that New Democrats across Canada elected a strong and experienced leader," Chow said.

THE CANADIAN PRESS

Web woes. Canuck login info off-limits to snoops

A troubling trend in the U.S. job market has seen applicants crying foul over efforts to gain access to their social networks and legislators hastening to protect them from such measures, but experts north of the border say Canadians have much less to worry about.

Labour laws in Canada offer strong protection from employers who ask job seekers for personal information such as social media passwords, lawyers said.

Rules in the U.S. are much more lax, they said, citing several cases in which prospective hiring managers have asked candidates to turn over their login information as part of the vetting process.

Illinois and Maryland have both tabled legislation that would forbid public agencies from gaining access to social networks. Paul Cavaluzzo, a Toronto-based labour lawyer, said there's little need for Canada to follow suit.

While there are no laws in place that specifically deal with social media, Cavaluzzo said the country's legal tradition makes the issue fairly clear-cut. The presence of privacy commissioners at both orders of government offers yet another safeguard for a wary public.

THE CANADIAN PRESS

Roller derby. Windsor girls welcome diversity

Members of Windsor's only female flat-track roller derby league unveiled a new policy Monday stressing the team is open to women who are lesbian, bisexual, transgender, Two-Spirited and intersexual.

When the Border City Brawlers starts its season Saturday at Windsor Arena, it wants women of all shapes, sizes, gender identities and sexual orientations to know they are welcome to join the league.

"We wanted to make sure we had a policy so that the information was out there, so we weren't deterring anybody from getting involved because they weren't sure," said Kate Hargreaves, 23, of Windsor.

The announcement came on the heels of news reports that blond bombshell Jenna Talackova, a 23-year-old transgender woman from Vancouver, was kicked out of the Miss Universe Canada pageant after organizers discovered she had been born male.

The league has about 50 skaters and is hoping to attract another 20 more through its Fresh Meat recruitment initiative, which was held Sunday night. So far, no transgender women have expressed an interest in joining the league.

CINDY KAVANAUGH/METRO WINDSOR

Obama's health law gets day in court

Protesters with the Tea Party Patriots, including Linda Dorr of Laguna Beach, Calif., centre, protest the Affordable Care Act outside the U.S. Supreme Court in Washington, D.C., on Monday. JACQUELYN MARTIN/THE ASSOCIATED PRESS

Hearings begin. U.S. Supreme Court will hear arguments on a law that would give health insurance to 95 per cent of Americans

The U.S. Supreme Court yesterday heard the first of three days of arguments on President Barack Obama's health-care overhaul.

The overhaul touches core political divisions in the United States and will have a major impact on the life of virtually every American.

Since Obama signed the legislation into law two years ago, 26 states have challenged the constitutionality of the overhaul. It's the largest expansion in the nation's social safety net in more than four decades.

All four Republicans battling for the nomination to challenge Obama in November have promised to undo the overhaul. That is unless the conservative-dominated Supreme Court doesn't strike it down in a decision expected in June.

The fight over the law, aimed at extending health insurance to more than 30 million Americans, has further inflamed deep divisions in a country knocked off balance by the recession and embroiled in a political battle about the role of government.

Much at stake

- **Until the health-care law, the United States was the only major developed country without a national health-care system.**
- **The hearings this week will be closely followed for clues about what the nine Supreme Court justices are thinking. The court has four liberal-leaning justices and five conservatives.**

In active questioning over 90 minutes, none of the justices appeared to embrace the view of some that the case has been brought prematurely.

Solicitor general Donald Verrilli Jr., defending the health law, urged the court to decide what he called "the issues of great moment" at the heart of the case.

Republicans are leading the fight to kill the law either via the court or through congressional repeal. They say the worst fears about what they derisively call "Obamacare" have already come to pass in the form of higher costs and regulations, claims that the law's supporters dispute.

THE ASSOCIATED PRESS

RBC Insurance

Ask about our car insurance.
Better yet, ask our customers.

Ranked "Highest in Customer Satisfaction among Auto Insurers in the Ontario and Atlantic Region" by J.D. Power and Associates.

When it comes to car insurance, it's important to deal with trusted experts. Just ask our customers – they know our commitment to great service firsthand. From policy offerings, billing and payment right down to claims, we ensure you get the best possible treatment and feel confident that RBC Insurance® is there to help.

To get your quote, call 1-877-ROYAL®-43, go online at rbcinsurance.com/car or visit your local RBC Insurance branch.

At 1267 Fanshawe Park Road
near Hyde Park Road

At 3089 Wonderland Road
near Southdale Road

Insurance advice for your life™

| HOME | AUTO | LIFE | HEALTH | TRAVEL | BUSINESS | RETIREMENT |

Underwritten by RBC General Insurance Company or RBC Insurance Company of Canada.
® / ™ Trademark(s) of Royal Bank of Canada. Used under licence. Due to the government-run auto insurance plans, RBC Insurance does not provide auto insurance in Manitoba, Saskatchewan and British Columbia.
RBC Insurance received the highest numerical score among auto insurance providers in the Ontario and Atlantic Region in the proprietary J.D. Power and Associates 2011 Canadian Auto Insurance Customer Satisfaction Study℠. Study based on 11,286 total responses measuring 20 providers in the Ontario and Atlantic Region (NB, NL, NS, ON, PE) and measures consumer satisfaction with auto insurance providers. Proprietary study results are based on experiences and perceptions of consumers surveyed in July-August 2011. Your experiences may vary. Visit jdpower.com

Tibetan protester sets himself alight in New Delhi

Chinese state visit. Activist suffers severe self-inflicted burns in defiance of Hu Jintao's visit to India

A Tibetan exile lit himself on fire and ran shouting through a demonstration in the Indian capital Monday, just before a visit by China's president and following dozens of self-immolations done in China in protest of its rule over Tibet.

Indian police swept through the New Delhi protest a few hours later, detaining scores of Tibetans.

The man apparently had doused himself with something highly flammable and was engulfed in flames when he ran past the podium where speakers were criticizing China and President Hu Jintao's visit.

Fellow activists beat out the flames with Tibetan flags and poured water onto him. He was on fire perhaps less than two minutes, but some of his clothing had disintegrated and his skin was mottled with black, burned patches by the time he was driven to a hospital.

About 30 such protests have occurred over the past year in ethnic Tibetan areas of China, and a Tibetan self-immolated last year in India, where many exiles reside. Beijing has blamed the Dalai Lama for inciting them and called the protesters' actions a form of terrorism.

Tibetans inside China and exiles say China's crackdown on Tibetan regions is oppressive.

Activists said the exile who self-immolated Monday is Jamphel Yeshi, 27, who escaped from Tibet in 2006 and has been living in New Delhi for two years.

He was burned on 98 per cent of his body and his condition is critical, according to the Association of Tibetan Journalists.

Protesters initially prevented police from taking him to the hospital, but officers eventually forcibly took him away.

While activists had been whispering Monday morning that something dramatic was expected at the protest, organizers insisted they were not behind the self-immolation.

"We have no idea how this happened, but we appreciate the courage," said Tenzing Norsang, an official with the Tibetan Youth Congress.

Hu is expected to arrive in India on Wednesday for a five-nation economic summit. Norsang called on the summit participants to discuss Tibet.

"If you care about peace you should raise the issue of Tibet," he said. "Hu Jintao is responsible for what is happening there."

THE ASSOCIATED PRESS

A Tibetan nun in exile scuffles with police officers during a protest in New Delhi on Monday. Earlier in the day, a Tibetan exile lit himself on fire ahead of Wednesday's visit by Chinese President Hu Jintao.

MANISH SWARUP/THE ASSOCIATED PRESS

Only Cleansing Can Make You Feel This Good

If there was only one thing you could do to improve your health and increase energy it would be a total body cleanse. Everyday your body is under attack from pollution, pesticides, chemicals and toxins. They are in the food we eat, the water we drink, and the air we breathe. No matter your lifestyle, no one is escaping this constant barrage of toxins.

CleanseSMART Advanced Total Body Cleanse

TESTIMONIAL - *Thank you so much!* "My fiancée and I had always thought that we were relatively healthy at 47 years of age and had fairly decent eating habits in that we were conscious of what we put into our bodies - fresh fruit and veggies, as little processed meats, white flour, sugar, salt, etc. but over the last 6 months or so we were beginning to feel sluggish and that our age was finally catching up to us - very rapidly. We searched the internet and narrowed our search to CleanseSMART's 30 day cleanse. We are very happy to report that after only five days both of us felt an amazing change in our bodies - lighter, healthier and more energized! Thank you so very much for your expertise in formulating this cleanse." - 2008-01-16

First Cleanse
First Time Cleanse

TESTIMONIAL - *Enjoyable Experience* "This was my 'first cleanse', and I can truly say it has been an enjoyable experience. I followed the directions, and made changes in my diet. The first few days, I began to notice some changes in my energy levels and 'waste elimination'. I also could tell the products were working, as my skin had mild breakouts. Towards the end of the program, the breakouts had cleared up, I was more regular in waste elimination, and I lost 7 pounds." - 2011-10-04

WHY YOU SHOULD CLEANSE

More Energy
Improved Elimination
Reduced Toxic Load
Increased Stamina
Better Health
Feel Less Bloated

Rapid Cleanse
Quick 7 Day Cleanse

TESTIMONIAL - *Excellent!* "I tried this because I was feeling sluggish with achy muscles, I now have more energy then I have had in a long time. Excellent product! I will likely try the 30 day CleanseSMART cleanse when I have the time but for a quick feel good solution this is the answer." - 2009-09-15

Look For Renew Life Products At Your Local Health Food Store Or Wherever Natural Health Products Are Sold. To Find A Store Near You Visit WWW.RENEWLIFE.CA Or Call 1-800-485-0960 Ext 3

facebook.com/renewlifecanada
twitter.com/renewlifecanada

$3 Off Receive $3 Off Your Next Purchase Of Any Renew Life Product*

Dear Retailer: Renew Life Canada Inc. will reimburse the full value of this coupon on the purchase of the product specified. Other applications may constitute fraud. Applications for reimbursement received after 6 months from the expiry date, as indicated below, will not be accepted. Failure to send in, on request, that sufficient stock was purchased in the previous 90 days to cover the coupons will void coupons. Coupons submitted become the property of Renew Life Canada Inc. Reimbursement will be made only to the retail distributor who redeemed the coupon. For redemption, mail to: Renew Life Canada • 8 - 1273 North Service Road East • Oakville, ON • L6H 1A7.
* Limit one coupon per purchase. Coupon expires April 30th, 2012.

ENTER TO WIN Courtesy of RENEW LIFE

$1000 CASH

VISIT clubmetro.com TO ENTER

CANADA'S LEADER IN DIGESTIVE CARE & CLEANSING!
Our products help your body feel good, but our contest can make your wallet feel good too. Visit www.clubmetro.com to enter the contest and www.renewlife.ca to find out more about how Renew Life can help you feel amazing and achieve your health goals.

To register and for full contest details visit clubmetro.com

Facebook ownership?
Lawyers claim fabricated emails, forged documents

Attorneys for Facebook sought the dismissal Monday of what they called an "opportunistic and fraudulent" lawsuit by a New York man claiming half-ownership of the social networking site.

The attorneys asserted that Paul Ceglia, of Wellsville, had forged documents, fabricated emails and destroyed evidence, and said he had waited too long — six years — to file it and the statute of limitations had thus expired. Ceglia's attorneys say their client deserves his day in court.

In his 2010 lawsuit, Ceglia claimed that a 2003 contract he and Facebook founder Mark Zuckerberg signed entitled Ceglia to 50 per cent of Facebook, which launched the following year. Ceglia said the contract showed that when he hired Zuckerberg to help him develop a street-mapping database, he also gave Zuckerberg $1,000 in startup money for his fledgling Facebook idea in exchange for half-ownership of the company if it grew.

Zuckerberg said he hadn't even conceived of Facebook at the time. His lawyers accused Ceglia of doctoring the original "work-for-hire" contract to insert Facebook references and making up a series of email exchanges between Ceglia and Zuckerberg to try to bolster the claim. THE ASSOCIATED PRESS

Supreme Court

Human-rights groups target Anvil Mining over Congo massacre

Human-rights groups are turning to Canada's highest court in their effort to sue a Canadian mining company on behalf of Congolese massacre victims. The Canadian Association Against Impunity filed a last-ditch plea to the Supreme Court of Canada on Monday alleging that Anvil Mining Ltd. provided logistical support to the Congolese military, who raped and murdered people as it crushed a rebel uprising in 2004, killing as many as 100 people in the port city of Kilwa. THE CANADIAN PRESS

North Korea haunts global nuclear summit

South Korean President Lee Myung-bak greets Prime Minister Stephen Harper during a welcome ceremony for the Nuclear Security Summit at the Coex Center in Seoul on Monday. SUSAN WALSH/THE ASSOCIATED PRESS

Distraction. Though not on the summit agenda, North Korea's nuclear intentions are on the back of world leaders' minds

Stephen Harper touched down in Seoul on Monday to attend a global nuclear summit amid a rising cacophony of threats and challenges involving North Korea, its atomic program and the regime's accelerated plans to hurl a satellite into space.

Although it's not officially on the summit agenda, North Korea stole the initial headlines after U.S. President Barack Obama challenged the leaders of the rogue regime "to have the courage to pursue peace."

His demand came as Seoul warned it might shoot down a North Korean rocket carrying a satellite if it violates South Korean territory. Foreign Affairs Minister John Baird acknowledged the distraction, but suggested it should not hijack the conference. "We're working with our allies and others to take every diplomatic measure necessary to send a very strong message to the North Korean government that we strongly disapprove," he said. THE CANADIAN PRESS

Market Minute

DOLLAR 100.89¢ (+0.76¢)

TSX 12,574.79 (-109.13)

OIL $107.03 US (+$0.16)

GOLD $1,685.60 US (+$23.20)

Natural gas: $2.226 (-4.9¢) (per 1,000 cubic feet)
Dow Jones: 13,241.63 (+160.9)

German Chancellor and chairwoman of the German Christian Democrats, CDU, Angela Merkel, in Berlin, Germany, Monday. MICHAEL SOHN/THE ASSOCIATED PRESS

Eurozone bailout may not be enough

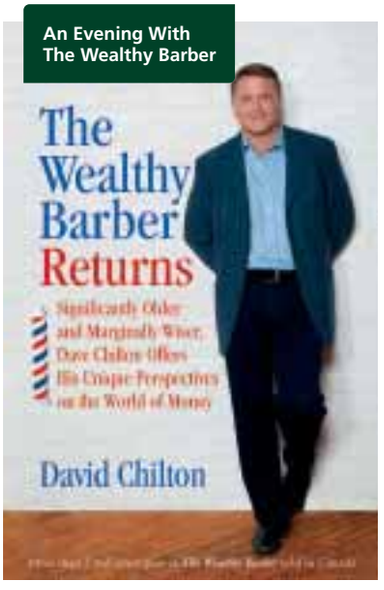
Germany has backed down from its resistance to boosting Europe's financial firewalls, after Chancellor Angela Merkel said she was open to temporarily boosting the eurozone's bailout funds to 700 billion euros (C$922 billion). But the move still falls short of what may be needed to protect Italy and Spain from collapse.

Merkel's statement is a climbdown for Germany, which has so far insisted there was no need to increase the lending capacity of the bailout funds beyond the planned 500 billion euros. However, a temporary increase to 700 billion euros — of which close to 200 billion euros have already been committed — may not be enough to convince markets and global institutions such as the International Monetary Fund that debt won't spread.

The 17 euro countries are currently debating how to move from the old 440-billion-euro European Financial Stability Facility — which is already providing 192 billion euros in loans to Greece, Ireland and Portugal — to the 500-billion-euro European Stability Mechanism.

The ESM is set to come into force in July, but under current policy, old bailouts would have to be subtracted from its overall capacity, meaning that it could give only a little over 300 billion euros in new loans. That is seen as way too little to effectively help large economies like Italy and Spain, which together have more than 2.5 trillion euros in debts. THE ASSOCIATED PRESS

TD Waterhouse



Rob Knipf of TD Waterhouse Private Investment Advice invites you to an exclusive evening with David Chilton, Author of Canada's Best Selling Novel, *The Wealthy Barber*.

Wednesday, April 4, 2012
Doors open at 6:30 p.m.
Presentation begins at 7:00 p.m.

The Lamplighter Inn,
The Regency Ballroom
591 Wellington Road
London, Ontario

Suitable for investors who are not already working with another TD Waterhouse Advisor

Seating is Limited.
Please RSVP to Rob Knipf at rob.knipf@td.com or call him directly at 519-640-8577

Rob Knipf, M.A.
http://advisors.tdwaterhouse.ca/rob.knipf

Wealth of Experience

TD Waterhouse Private Investment Advice is a division of TD Waterhouse Canada Inc., a subsidiary of The Toronto-Dominion Bank. TD Waterhouse Canada Inc. – Member of the Canadian Investor Protection Fund. ® / The TD logo and other trade-marks are the property of The Toronto-Dominion Bank or a wholly-owned subsidiary, in Canada and/or in other countries.

THE WOES OF WOULD-BE HOMEBUYERS

SHE SAYS...
Jessica Napier
metronews.ca/shesays

My mother always told me that one of her biggest mistakes in life was not getting on the property ladder early enough. Consequently, I've had a desire to invest in bricks and mortar since my late teens.

After four years together and a semi-aggressive saving plan, my boyfriend and I are finally ready to take the leap toward permanent cohabitation. After all, you can wait forever for the real-estate bubble to burst or you can suck it up and decide the "right time" is never going to come and just take the plunge. We were pre-approved for a horrifyingly unrealistic mortgage, found ourselves a patient agent and resolved to give up all our weekends for the unforeseeable future.

Of course, finding a place that fits all our criteria and our budget is proving to be a seemingly impossible task. There's always something not quite right. Units are too small, too pricey, too dark, too high. I'm starting to feel like the Goldilocks of urban real estate.

Downtown digs

"We make sacrifices to live the urban dream — we give up space, money and perhaps a little bit of our sanity. But, for me, there are intangible joys that come with downtown living that make it all worthwhile."

Whenever I get terribly depressed about my home-buying woes I log on to FML Listings, a Toronto-based blog that highlights the absurdity of the city's real-estate market by posting outrageous listings alongside snarky commentary. For added impact, the site compares Toronto listings with those in other markets. For example, a three-bedroom bungalow about half an hour outside downtown is listed at just under $1.8 million, roughly the same price as Paula Abdul's mansion in the Hollywood Hills. Heartbreaking isn't it?

So why bother trying to buy in the city at all?

We make sacrifices to live the urban dream — we give up space, money and perhaps a little bit of our sanity. But, for me, there are intangible joys that come with downtown living that make it all worthwhile.

While walking home last night after another series of hopeless viewings, we stumbled across a street performer playing a very unique rendition of Greensleeves. The man was using a bow to play an industrial saw as an instrument. It was a beautifully strange site but not out of place among the eclectic happenings of the city. You just don't find that in the suburbs; you'd never see anything like that outside the window of your SUV in a strip-mall parking lot.

The city itself has an unpredictable way of reminding me that this is where I belong. So despite all the hours lost in open-houses and blood-pressure-raising bidding wars, I know we'll get there in the end.

Being a homeowner in the city has its price. ISTOCK

Director reflects on voyage 'to hell'

MARK THIESSEN / NATIONAL GEOGRAPHIC

The Titanic

Director returns from 'the abyss'

PACIFIC OCEAN. The last frontier on Earth is out-of-this-world, desolate, foreboding and moon-like, James Cameron said after diving to the deepest part of the ocean. And he loved it.
THE ASSOCIATED PRESS

Avatar

"Back from trip to deepest pl on Earth -#oceans hadal zone. Puts a new spin on 'to hell and back'. Good to see the sunshine."
JAMES CAMERON TWEETS AFTER FEAT

Mariana Trench

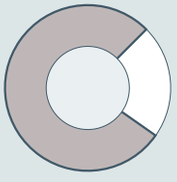
- Hydraulic failure meant Cameron was unable to retrieve samples from the trench.
- He said, "My feeling was one of complete isolation from all of humanity."
- Cameron said he had hoped to see a strange deep-sea monster, a creature that would excite the storyteller in him and resemble something out of his movies, but he didn't.
- The trench is 120 times larger than the Grand Canyon and more than two kilometres deeper than Mount Everest is tall.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Were you surprised the iPhone topped the BlackBerry as Canada's smartphone of choice?

78% NO. IT WAS A LONG TIME COMING



22% YES. WE SHOULD BE LOYAL TO OUR HOME BRAND

Twitter

@kylemilec: It is deceptively cold in #ldnont! I saw sunshine and didn't expect to need a winter jacket!

@late2game: Does anyone have a dentist (preferrably not far from the core) that they would recommend? #ldnont

@FoodDrunkLondon: If you never go out on a limb.... you'll never reach the fruit. #carpediem #cdnpoli #LdnOnt #life

@silentbytes: Good morning to our newly-minted Canadian bball champs @LondonLightning #ldnont #ldni-sawesome

@maxamilli: After all this gorgeous weather, I refuse to stop wearing shorts! #LDNont

metro
President: Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **Managing Editor, London** Jim Reyno • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **Sales Manager** Charlotte Piper • **Distribution Manager** Rob Delvallet • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO LONDON** • 350 Talbot Street Main Floor London ON N6A 2R6 • **Telephone:** 519-434-3556 • **Fax:** 888-474-3094 • **Advertising:** 519-434-3556 Ext. 2222 • adinfolondon@metronews.ca • **Distribution:** london_distribution@metronews.ca • **News tips:** london@metronews.ca • **Letters to the Editor:** londonletters@metronews.ca

lookunderlearn.ca

ABC LifeLiteracyCanada

Madonna shows her vulnerable side on her new album, MDNA. GETTY IMAGES

Deconstructing the Material Girl's MDNA

New album. Metro's Pat Healy listens to Madonna's first new album in four years and hears her mortal side

PAT HEALY
Metro World News

Madonna is a bitch out of order, a bat out of hell and a fish out of water.

At least that's what she compares herself to in the song Gang Bang, off her brand new album, MDNA.

Madge's claim about being broken, angry and alienated is a succinct self-analysis.

It's been four years since her last album of new material, the longest gap of her nearly 30-year career, which would explain the fish-out-of-water feeling — to say nothing of the fact that her last album came out a full six months before the debut of another Italian-American with a stage name, a penchant for shock value and a monster-load of blond ambition, Lady Gaga.

As far as the bitch-out-of-order and the bat-out-of-hell, her venomous personal lyrics on this album make it difficult to distinguish Madonna — the pop legend — from Madonna, the mortal whose eight-year marriage to director Guy Ritchie ended in a bitter divorce.

"I tried to be a good girl, I tried to be your wife," she sings on I Don't Give A.

It is this vulnerability that gives MDNA its vitality. And this uneasiness of being thrown into a different life situation almost makes it acceptable for her to sing like a teenager about drinking too much Tanqueray and "Tweetin' in the elevator." Comparing a new love to Mike Jordan and Abe Lincoln in the same song? Well, that's just silly. But she seems to acknowledge there's a personal crisis at hand, where impulsive behaviour is the norm, singing, "I know I shouldn't act this way" in Girl Gone Wild.

This confessional intimacy also makes it difficult to criticize Madonna for imitation, which she does indulge in a bit on MDNA.

To that charge, the material girl is just as much of a smart shopper as she's always been, using the baddest guest stars (including Nicki Minaj and M.I.A.) and the best producers (including Martin Solveig and William Orbit) to bring her sound into now. If she can't define the times, she's certainly not going to be behind them. And really, anybody she's borrowing from wouldn't even be making music if it weren't for her. The race-car bass lines, pumping beats and Skrillex-style monster breakdown would seem forced if not done properly.

But it's Madonna, and even if she is a fish out of water, she can always get into the groove.

The makeup of MDNA

- **Approximate number of times the words "girl" or "girls" are used:** 63.
- **Approximate number of times the word "bitch" is used:** 13.
- **Approximate number of songs that are most likely about Guy Ritchie:** Six and a half.
- **Number of previous Madonna hits referenced by title:** Three.
- **Number of Nicki Minaj guest appearances:** Two.
- **Number of songs with spoken prayers:** Two.
- **Number of songs where a banjo is clearly audible:** One.

Deluxe it up

- The deluxe edition clocks in at more than an hour, which can be a little exhausting, but it features perhaps some of the best songs, including an almost punky duet with M.I.A. called B-Day Song, and the plaintively titled and emotionally raw, I F—d Up. Madonna may not have been the one to make an F-bomb acceptable in a pop song (that honour belongs to Cee-Lo, obviously) but she sure as hell can make it her own.

Criticism

Deadmau5 chastises Madge

Canadian electronic DJ Deadmau5 has entered into a high-profile feud with Madonna, calling the Material Girl an "idiot" after she appeared to glamourize drug use during a recent concert.

The 53-year-old pop star was performing at the Ultra Music Festival in Miami over the weekend when she asked the crowd: "How many people in this crowd have seen Molly?"

Molly is a slang term for the drug MDMA.

The DJ took to Facebook to slam Madonna with an expletive-filled rant condemning her behaviour. "Very classy there Madonna," he wrote the on Monday. "Quite the f'n philanthropist."

THE CANADIAN PRESS

2 SCENE

Scene in brief

Prime time for Kimmel

Late-night host Jimmy Kimmel just got a prime-time gig: Host of the 64th Primetime Emmy Awards. The star and executive producer of Jimmy Kimmel Live! will host the Emmy Awards ceremony on Sept. 23 at the Nokia Theatre in Los Angeles. "I hope to be able to do for the Emmys this year what Eddie Murphy did for the Oscars," Kimmel joked, referring to the comedian who pulled out as host of this year's Oscar ceremony. This is Kimmel's first time hosting the Emmy Awards. Kimmel's namesake show is in its 10th season on ABC. He previously hosted the American Music Awards and the ESPY Awards and is set to host the White House Correspondents' dinner next month.

THE ASSOCIATED PRESS

On the Web

Nice guy Eric McCormack from Will & Grace taps into his sinister side for return to Broadway

LITERACY AND LIFELONG LEARNING

"Live as if you were to die tomorrow. Learn as if you were to live forever." – ***Gandhi***

Imagine if you couldn't make sense of a simple street sign, read a prescription label or share a bedtime story with your child. For some Canadians all they can do is imagine because they lack the literacy and essential skills that many of us take for granted.

Statistics show that four out of 10 adult Canadians, age 16 to 65 — representing nine million Canadians — struggle with low literacy. They fall below level 3 (high school completion) on the prose literacy scale. It's a sad statistic but true. The good news is that there are hundreds of volunteer organizations across Canada that offer adult learners the opportunity develop their literacy skills and their confidence.

ABC Life Literacy Canada is a non-profit organization that inspires Canadians to increase their literacy skills, and offers resources and contacts for anyone interested in improving everything from reading and writing to math and computer skills. "We can connect adult learners with local literacy organizations for training in a wide range of areas," says Margaret Eaton, President of ABC Life Literacy Canada. "We're proud to have partnerships with more than 400 of these organizations across the country."

Organizations such as ABC Life Literacy Canada are dedicated to helping Canadians build essential skills to be successful in the workforce but also in life. "People want to increase their skills for a number of reasons, not only to find better jobs, but also to play a more active role at home, whether it's to gain a better understanding of household finances, help their children with homework or read a storybook to their grandchildren," says Eaton.

GOING BEYOND THE THREE RS

Although there is, and will always be, a focus on learning the three Rs (reading, writing and arithmetic), a new requirement has emerged — the need for more computer-literate workers.

"We've reached the end of many of the high-wage, low-literacy jobs in heavy industry and manufacturing," says Eaton. "For many businesses it's the knowledge-based jobs that will carry their companies in the future. These jobs require higher levels of understanding, writing and communicating."

LITERACY: A LIFELONG JOURNEY

For Eaton the power of literacy is clear. "Literacy is a wonderful tool that opens up a world of opportunities for individuals and allows them to engage fully and confidently in life's activities — whatever they might be. And learning is a lifelong journey that should never end."

For more information, visit ***abclifeliteracy.ca***

A SPECIAL WEEK TO CELEBRATE LEARNING

This year, the Canadian Commission for UNESCO has declared March 24 to April 1, 2012 as (International Adult Learners' Week). Celebrated in Canada since 2002, International Adult Learners' Week is a celebration of the importance of lifelong learning and adult literacy.

LITERACY AND THE ECONOMY: HOW DOES ONE IMPACT THE OTHER?

Craig Alexander, Senior Vice-President and Chief Economist for TD Bank Financial Group, is a strong advocate for improving literacy levels in Canada. He is also a board member of ABC Life Literacy Canada, a national non-profit organization that inspires Canadians to increase their literacy skills.

Recently, Alexander talked about literacy and the Canadian economy. According to Alexander, the performance of an economy is driven by two factors: first, the size and skills of its labour force; and second, the ability of its economy to innovate through productivity improvements. Literacy is the cornerstone of skills development; it is the foundation upon which other skills are built.

Alexander estimates that weak literacy skills could be costing the Canadian economy as much as $80 billion in lost economic opportunity. Improved literacy skills could create thousands of jobs and would materially help to reduce poverty in Canada.

WHAT CAN BUSINESSES DO?

"Businesses should be engaged in promoting literacy skills development," says Alexander. "This could be done, for example, by helping to fund skills training for employees. However, studies have shown that it is not the cost that is the main deterrent to skills development. In many cases, the individuals needing additional training have difficulty balancing work-life responsibilities."

Steel manufacturer ArcelorMittal Dofasco dealt with the work-life balance issue in a unique way. The company established an essential skills training program that was free to employees, who were also paid for half their time in the classroom. Employees enrolled in 12-class sessions where they were taught literacy, basic computing, keyboarding and business writing.

The most recent mass survey — the 2003 International Adult Literacy and Skills Survey (IALSS) published by Statistics Canada — found that 48 per cent of adult Canadians don't have the necessary literacy skills to achieve their full potential at work, at home and in the community.

SURVEY SAYS...

FROM THE RECENT METROPOLITAN PANEL SURVEY ABOUT LITERACY:

ALMOST 50 PER CENT OF RESPONDENTS SAY THAT THEY HAVEN'T RECEIVED ANY TRAINING OR PROFESSIONAL DEVELOPMENT IN THE PAST YEAR

ONL TI

Metropolitan Panel

Results courtesy of the Metropolitan Panel, an online research panel dedicated to dialogue with you!

ABC LIFE LITERACY CANADA: TRANSFORMING LIVES

ABC Life Literacy Canada has a clear vision — a Canada where everyone has the skills they need to live a fully engaged life. It's this vision that the national non-profit and its many supporters and ambassadors have been working tirelessly towards for more than 20 years.

With a focus on inspiring Canadians to increase their literacy skills, the national non-profit organization focuses its efforts on moving the cause forward. The organization connects and mobilizes business, unions, government, communities and individuals to support lifelong learning through various programs, communications and partnerships.

SUPPORTING ADULT LEARNERS WITH RESOURCES ACROSS CANADA

Visitors to the ABC Life Literacy Canada website (abclifeliteracy.ca) will find a list of programs, useful resources and links, such as LEARN, that help adult learners and their families connect with literacy organizations in their area. LEARN, Canada's first national literacy campaign, has been running successfully since 1994. Thanks to The Yellow Pages Group™, LEARN has assisted learners coast-to-coast in seeking help to improve their literacy skills.

MAKING FAMOUS CANADIAN AUTHORS ACCESSIBLE TO EVERYONE

Adult learners who want to enjoy a great read from a best-selling Canadian author can check out Good Reads®. Through this program, learners can enjoy short books (10,000 to 12,000 words, about 100 pages), with easy-to-understand vocabulary and structure. Good Reads encourage reading practice, develop reading skills, and increase reading confidence. The list includes works of fiction from best-selling authors like Joy Fielding. There are also non-fiction choices including, *Easy Money,* written by financial literacy expert and TV star Gail Vaz-Oxlade.

HONOURING EXCELLENCE IN ADULT LITERACY

Each year, ABC Life Literacy Canada celebrates the achievements of exceptional learners and practitioners with four annual awards to honour excellence in the areas of journalism, learning centres, workplace literacy and corporate commitment.

For more information about ABC Life Literacy Canada, please visit ***abclifeliteracy.ca***

FAMILY LITERACY DAY

Held annually on Jan. 27, Family Literacy Day was developed by ABC Life Literacy Canada in 1999 to celebrate adults and children reading and learning together, and to encourage Canadians to spend at least 15 minutes enjoying a learning activity as a family every day.

LY 1/3 OF RESPONDENTS FEEL HAT THEY LEARN EVERY DAY

OF THE NINE ESSENTIAL SKILLS, RESPONDENTS FEEL THE GREATEST NEED FOR IMPROVEMENT IS IN CONTINUOUS LEARNING, COMPUTER USE, AND ORAL COMMUNICATION

! Sign up for the panel at **metropolitanpanel.ca**, choose your country and join the global conversation.

HELPING ADULT LEARNERS MOVE ON

For the staff at Alexandra Park Neighbourhood Learning Centre (APNLC), it's all about helping adult learners move on to "the next step."

APNLC helps learners develop skills in the areas of reading, writing, numeracy, digital technology, self-management and self-direction, and working with others. According to intake worker Katie McLeod, the support doesn't end there. "We also support learners in the process of applying for college and university programs, post-secondary and apprenticeship programs, volunteer positions, and various employment opportunities."

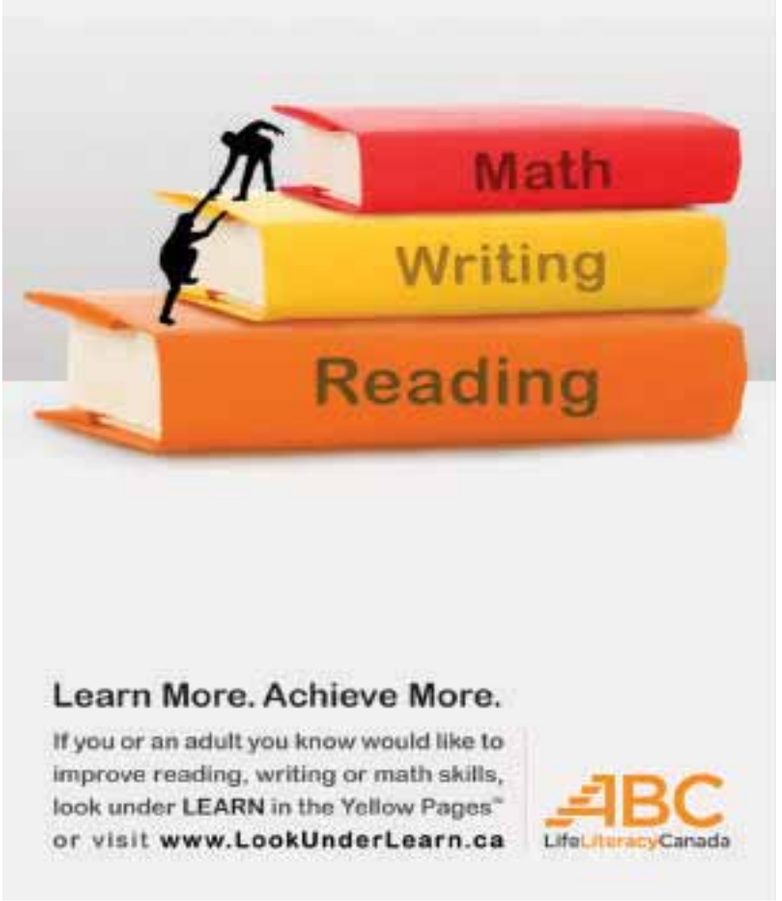
As an intake worker at APNLC, McLeod is the first person new learners meet when they start their programs. "I'm always struck by how incredibly strong they are and how determined to overcome the barriers they've faced and continue to face," she says.

"For many learners, an adult literacy program is the first place where they feel their innate talents and interests are recognized and encouraged to flourish. It may be the first time they feel excited about learning. Having the opportunity to work in this environment with these people has enriched my life in so many ways," McLeod says. "The adult learners I've met in our program have inspired me to pursue my own path of lifelong learning."

One of the adult learners she has been working with over the past few months is Anne Comrie, who immigrated to Canada from Jamaica 30 years ago. Comrie's goal in taking the literacy program at APNLC is to enhance her skills so she can pursue a college diploma. "The program offers so much," she says. "The support I receive from Katie and others at the centre is helping me enhance my reading, writing and comprehension skills and my computer skills. There are also Money Matters sessions that give valuable advice on how to manage my money." With everything she's learning, Comrie feels more confident about her skills and her prospects for the future.

HOW TO CELEBRATE

Do you want to improve your reading, writing or math skills? Contact Literacy Link South Central to find a free program that fits your needs. Call 1-800-561-6896 or visit www.llsc.on.ca.


Math
Writing
Reading
Learn More. Achieve More.
If you or an adult you know would like to improve reading, writing or math skills, look under LEARN in the Yellow Pages™ or visit www.LookUnderLearn.ca
ABC LifeLiteracyCanada

ABC LifeLiteracyCanada

Are you prepared?

DVD reviews

A Dangerous Method

Director. David Cronenberg

Stars. Michael Fassbender, Keira Knightley, Viggo Mortensen

A Dangerous Method concerns itself with psychiatrists Sigmund Freud and Carl Jung and their clinical subject, Sabina Spielrein. Cronenberg and screenwriter Christopher Hampton busy themselves with the dynamics of competing mental health treatments at the dawn of psychoanalysis. A Dangerous Method has the surface elements of Cronenbergian kink: beautiful people giving free rein to their darkest sexual impulses, both in the name of science and the libido.

PETER HOWELL

DVD reviews

Extremely Loud and Incredibly Close

Director. Stephen Daldry

Stars. Tom Hanks, Thomas Horn, Sandra Bullock

The film concerns a troubled New York boy (Thomas Horn), who is following unfathomable clues supposedly left by his dead father (Tom Hanks), who perished in the World Trade Center. The boy, 11-year-old Oskar Schell, wants to visit every one of the people surnamed "Black" in the New York telephone directory. Extremely Loud and Incredibly Close feels wrong on every level. It should have been called Extremely Maudlin and Incredibly Awful.

PETER HOWELL

Five reasons to be excited for R. Kelly's next 'rap opera'

Trapped in the Closet

2. The next installment of R. Kelly's bizarre project is coming, and here's why you should catch up with the series

Good news everybody: R. Kelly is returning with new chapters of Trapped in the Closet. The U.S. based IFC channel announced that new installments of the self-professed rap opera will be released this year. And, if R. Kelly's statements to TMZ have any truth to it, there will be 32 vignettes to enjoy in 2012.

1. In his official statement, R. Kelly called the project an "alien" and said it was "not of this earth."

The song and accompanying videos are so ridiculous that when the rapper introduced the concept of a (originally) 16-minute, multiple part song to his record label, Jive, they didn't know what to do with it, according to producer Ann Carli.

Now, it's a unique viral success that has captivated audiences since 2005. Such is the brilliance of R. Kelly.

2. Despite the fact that all the chapters feature the same beats and melody, the story never gets boring. The soap opera-esque plot twists and turns so much that you'll need notes to keep up with who's who. But, don't worry, he often recaps the action every few installments or so.

3. If you manage to get your hands on a copy of the DVD, you can watch R. Kelly sitting on a plush chair while smoking a cigar and watching Trapped in the Closet on a screen. It's the "Inception" of DVD commentaries – and totally worth watching just to see R. Kelly's insane thought process behind creating the videos. Also, you'll find out that, according to R. Kelly, dresser rhymes with Beretta.

R. Kelly's Trapped in the Closet series has 'morphed into one of the strangest items in pop culture history.' GETTY IMAGES

4. The videos have such a big cultural influence that they've been performed live by multiple U.S. theatre groups, were performed live by R. Kelly at the 2008 MTV Music Video Awards and been spoofed by South Park.

According to HitFix, it's "morphed into one of the strangest items in pop culture history."

5. The first 22 chapters revolved around a one-night stand, a cheating woman, a whole lot of bad wigs, a mysterious "package" that may or may not be alluding to an STD, a gay pastor, a spatula, and Bridget… who's hooking up with a midget. Yep, you read that right.

METRO

The best way to discover, play and share music is Rdio.

Every day until **April 16**, we're **giving away a year** of **unlimited music** on **Rdio**!

Enter today at **clubmetro.com**

rdio™

www.rdio.com

VISIT clubmetro.com TO ENTER

To register and for full contest details visit clubmetro.com

RDEALS•CA

RDEAL OF THE DAY

$2 FOR A $10 KERNELS VIRTUAL PROMO CARD

GET YOURS AT

www.RDeals.ca

TRY SOMETHING NEW FOR SOMETHING LITTLE

OFFER SUBJECT TO CHANGE WITHOUT NOTICE. LIMITED QUANTITY OF VOUCHERS AVAILABLE. VISIT RDEALS.CA FOR FULL OFFER TERMS AND CONDITIONS. ©2012

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jennifer Aniston GETTY IMAGES

Half a million in gifts? Life ain't shabby for Jennifer's main man

Dating Jennifer Aniston apparently has its perks, including lavish gifts.

The former Friends star has reportedly bought beau Justin Theroux around $500,000 worth of extravagant presents, including a $12,000 leather jacket that belonged to James Dean and a pair of high-end motorcycles, according to Grazia magazine.

"Neither Jen nor Justin seem embarrassed that she is the main breadwinner. She is in a comfortable position, so why not spend money on the man she loves," a source says. Of course, the showering with gifts isn't a one-way street: "Justin loves buying Jen little gifts and going out of his way to show how much he cares," the source adds. "This is not a one-sided relationship at all, and Jen feels she is the luckiest girl in the world."

The Word

There he is, Miss Universe Canada?

THE WORD
Dorothy Robinson
scene@metronews.ca

Is the world ready for a transgender Miss Universe contestant?

The quick answer to this is: No.

The longer explanation has to do with beauty pageant contestant Jenna Talackova, 23, who made it to the finals in the Miss Vancouver pageant, but was ultimately ruled ineligible due to her being biologically male. The 6-1 stunner did well — and even made it to the finals — but was disqualified after organizers learned she wasn't a naturally born female, according to CTV News.

"Jenna Talackova from Vancouver, British Columbia, will not compete in the 2012 Miss Universe Canada competition because she did not meet the requirements to compete despite having stated otherwise on her entry form," Miss Universe Canada organizers said in a statement. "We do, however, respect her goals, determination and wish her the best."

According to CTV News, Talackova started hormone therapy at 14 and had gender reassignment surgery at 19.

Talackova is claiming discrimination, which Miss Universe Canada national director Denis Davila refutes, telling CTV News, "We have to have the facts straight. There is no discrimination here at all. You can look at it the way she wants to look at it ... but we all have to follow the same rules."

Miss Universe Canada says that Talackova indicated on her registration form that she was born a female but later admitted that she was born a male, India Today reports.

Here's the thing: Whether you are applying for a job at Arby's or as a beauty pageant contestant in Canada, you can't lie on your application form.

And, as a woman, I can see where this is tricky. Women already earn, on average, 23 per cent less than our male counterparts in the working world.

Sadly, beauty pageants are one constant where we can compete on a level playing field.

A playing field where we compete in high heels and fake eyelashes, but a fair one nonetheless.

On the other hand, she doesn't look like she had any less work than the rest of Miss Universe contestants, so what's the big deal?

Jenna Talackova, transgendered contestant ousted from Miss Universe Canada 2012 competition, is pictured here in a Model Mayhem.com portfolio photo.
MODELMAYHEM.COM

Lana Del Rey, left, Marilyn Manson. GETTY IMAGES

A match made in... well, you decide

Rumours are swirling that new singing sensation Lana Del Rey is dating Marilyn Manson, according to Hollyscoop. The pair first turned heads when they were spotted "sneaking into an elevator" in Berlin earlier this month, and since then they've reportedly been spending a lot of time together — like grabbing dinner before Del Rey's performance at the Echo Awards. After the show, Del Rey and Manson left together in a van.

Photog fires back after scrap with Fox's beau

Megan Fox and Brian Austin Green are being sued by a photographer over an alleged altercation in Hawaii last December, according to TMZ.

Delbert Shaw claims he was attacked by Green after being spotted snapping pictures of the couple on the beach near the Four Seasons Resort in Hualalai, with Fox egging her husband on, saying, "Are you going to let him get away with that?"

Shaw says Green proceeded to pummel and beat him before throwing his iPhone into the water. He is suing for unspecified damages.

Megan Fox

Put away the pills; pain may be rooted in your self

Dig below the surface if you are suffering. "The pain detective" is urging patients to look at the role stress plays in your injuries

CELIA MILNE
wellness@metronews.ca

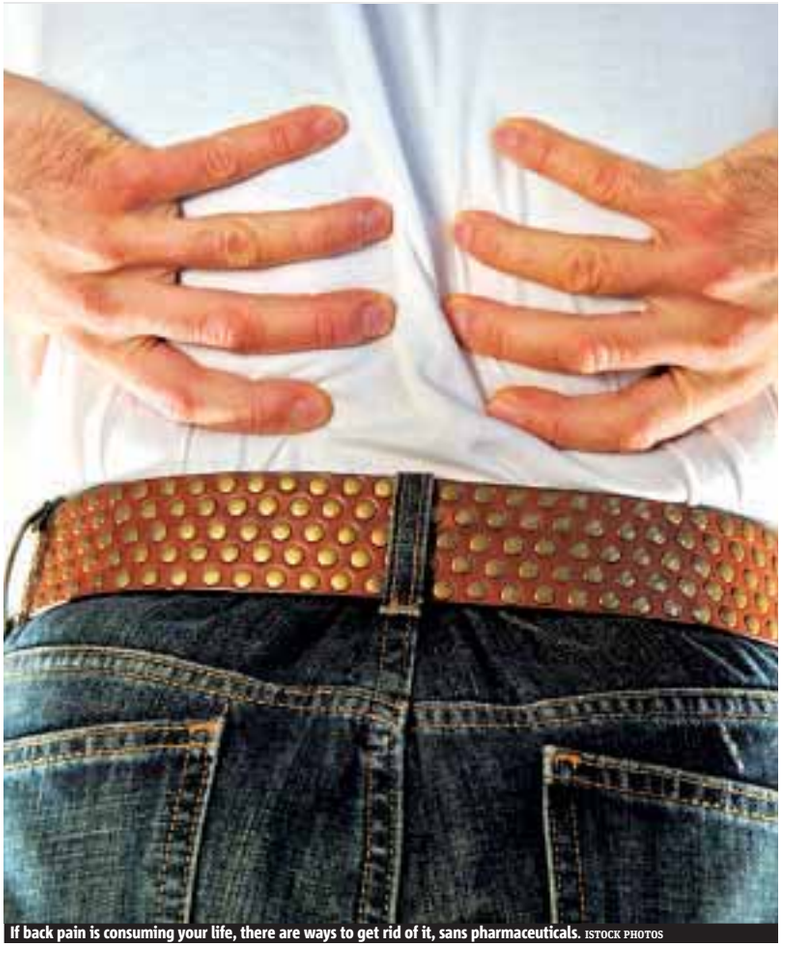
Got pain? If so, look at the big picture, says Dr. Hillel Finestone, who treats patients suffering from painful conditions. Finestone, a.k.a "the pain detective," says that injuries and wounds can take longer to heal if you are going through a difficult time, perhaps struggling with the loss of a job, stressed out by a breakup or divorce, being mired in a toxic relationship, or having been abused as a child.

"Psychological stress is associated with a slower or delayed healing of wounds or injuries," says Finestone, director of stroke rehabilitation research at the Elisabeth Bruyere Hospital in Ottawa.

In his career treating patients with back pain, neck pain, fibromyalgia and other pain conditions, Finestone tries to focus on the whole person and what else is going on in their life, and not just the sore part. He has published scientific articles on the effect of stress on healing, and also wrote a book called The Pain Detective: Every Ache Tells a Story.

Ergonomic problems, such as uncomfortable chairs or a badly set-up workstation, can also keep you in pain.

"Millions of dollars are spent on pain-related medication," says Finestone. "Paying attention to the whole person could produce better outcomes, reduce disability and save money."



If back pain is consuming your life, there are ways to get rid of it, sans pharmaceuticals. ISTOCK PHOTOS

Analysis

What to do about your pains

Dr. Hillel Finestone, the author of The Pain Detective, has some advice for getting to the bottom of your pains.

"Never underestimate the ability of your life and feelings to affect your health in both negative and positive directions. Ask yourself, What's going on in my life that could be causing my muscles to tense up, thus leading to a worsening of my back or neck pain? Can my negative mood be affecting my desire to exercise, leading me to eat too much, smoke more and live in an unhealthy way?"

NEED A RIDE?
Read metrodrive every Wednesday.

3 LIFE

Coregasm

Exercise orgasms

Researchers at Indiana University have anecdotal evidence that exercise can lead to female orgasm. Exercises that can induce an orgasm are abdominal exercises, biking/spinning, climbing poles or ropes and weight lifting. The phenomenon is referred to as 'coregasm.'

Muscles

Hockey workouts

If Kate Middleton stays so slim and toned by playing hockey, then we are sure to be giving it a go. She has great legs, and we're hoping squeezing a couple of games in will have the same effect on us.

METRO WORLD NEWS

On the Web

Feds extend funding for northern tuberculosis research, testing

Student-made lunch options at Fanshawe College impress

Seared Chicken Pasta ($9). PAUL MITCHELL

LUNCH RUSH
Paul Mitchell
life@metronews.ca

While being a guinea pig for dental surgery is scary, I am excited to have culinary students practice creating lunch. Saffron's at Fanshawe College dishes up expertly-prepared fare for modest prices.

Arriving to an enthusiastic hive of fine-dining activity, we are seated to an immaculately set table within charming decor, unfortunately marred by banquet partitions. Thankfully, the accommodating service compensates.

The small menu is highlighted by "student inspired" soups and other lighter continental dishes. My guests order the Omelette Special ($10) while I choose Mixed Mushroom Soup ($5) and Seared Chicken Pasta ($9).

My thick, creamy soup arrives with fresh bread. Meanwhile, the pasta is highlighted by red peppers and spicy sausage bathed in a rich velvety tomato sauce. It is both delicious and filling.

Faculty may enjoy Saffron's on a frequent basis, but I see no reason why more should not visit this upscale destination.

Visiting the restaurant

Saffron's at Fanshawe College

Address. 1001 Fanshawe College Blvd., Building "A", London campus (Oxford at Highbury)

Phone. 519-452-4433

Rating. 4/5

Price range. $5 - $14

Client negotiations. Yes

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. No

Tuna Melt Sandwich. A childhood favourite gets a healthy makeover

1. In bowl, combine red onion, spinach, mayo, tuna and pepper. Use fork to mash mix until mayo is evenly distributed.

2. Place toasted bagel halves on foil lined baking sheet. Divide tuna mix among bagel halves. Top evenly with cheese.

3. Bake in centre of 425 F (220 C) oven 5 mins. or until cheese is melted. Turn broiler to High and broil 3 mins. or until cheese is bubbling and starting to brown. **NEWS CANADA/ PRESIDENT'S CHOICE/ ADAPTED BY EMILY RICHARDS (VISIT, EMILYRICHARDSCOOK.CA)**

Ingredients

- 3 tbsp (45 mL) finely chopped red onion
- 2 cups (500 mL) packed baby spinach leaves, chopped
- 5 tbsp (75 mL) light mayo
- 1 can (170 g) wild albacore flaked white tuna in water, drained
- 1/8 tsp (0.5 mL) freshly ground black pepper
- 2 thin multigrain bagels, lightly toasted
- 2/3 cup (150 mL) light triple cheddar shredded cheese

Chicken and potato hand pies burst with spicy Indian flavours

The trend of Indian food continues to heat up, and these spiced chicken and potato hand pies will be a show stopper as a snack, appetizer or main dish.

Serve them with mango chutney, tamarind sauce or raita (traditional yogurt and cucumber dip).

YOU COULD
WIN
A PAIR OF TICKETS TO THE OLDTIMERS' HOCKEY CHALLENGE CLASSIC or a PRIVATE COACHING WITH ONE OF THE PLAYERS!
To register and for full contest details visit clubmetro.com
VISIT clubmetro.com TO ENTER
Oldtimers HOCKEY CHALLENGE CLASSIC
23rd ANNIVERSARY
Tickets available at
iMarkTickets.com
USE PROMO CODE LEGEND & BUY TWO TICKETS FOR THE PRICE OF ONE AT iMarkTickets.com
John Labatt Centre
Thursday March 29 @7pm
BUY TWO TICKETS FOR THE PRICE OF ONE!

1. Heat the oven to 200 C (400 F).

2. Remove the pie shells from the freezer and let them thaw at room temperature for about 10 to 15 minutes.

3. In a small saucepan, heat the olive oil over medium-high. Add the grated onion, minced garlic and grated potato, and sauté for about 3 minutes. Add the curry paste and continue to sauté until the potato starts to cook. Add the peas and water and cook everything for about 3 more minutes or until water is almost gone. Remove from the heat and set aside to cool.

4. Remove the deep-dish pie shells from their foil and gently flatten them onto clean, flat, lightly floured work surface. If cracks appear in the pastry, press it together and repair it using fingers moistened with water. Cut each pie shell into 4 equal quarters.

5. Combine the potato mixture with plain yogurt, diced chicken, salt and pepper.

6. Divide the curry mixture evenly, about 15 ml (1 heaping tbsp) per pie. Mound the mixture in a strip lengthwise down the middle of the triangle, making sure to leave a 5-mm (1/4-inch) edge.

This recipe serves four. THE CANADIAN PRESS H/O

7. Brush the beaten egg around the filling on the edges of the pastry. Fold the pastry lengthwise over the top of the filling, creating a narrower triangle. Gently press the edges together and crimp them using a fork.

8. Bake the Indian Hand Pies for about 12 to 15 minutes or until the pastry is a nice golden colour. Let the pies rest for 10 minutes before serving them with mango chutney, tamarind sauce or raita. **THE CANADIAN PRESS/ TENDERLFLAKE**

Ingredients

- 2 frozen deep-dish pie shells
- 5 ml (1 tsp) olive oil
- 30 m (2 tbsp) grated onion
- 5 ml (1 tsp) minced garlic
- 75 ml (1/3 cup) grated Yukon potato
- 7 ml (1 1/2 tsp) mild curry paste
- 50 ml (1/4 cup) frozen peas
- 45 ml (3 tbsp) water
- 75 ml (5 tbsp) 2 per cent plain yogurt
- 125 ml (1/2 cup) cooked and sliced chicken breasts or left over chicken chopped into 5-mm (1/4-inch) dice
- Salt and pepper, to taste
- 1 egg, beaten

Americans value Internet over chocolate, alcohol, sex?

Addiction. A new study reveals Americans would rather forgo everyday pleasures than lose access to the web

ROMINA MCGUINNESS
MWN in London, UK

The Internet: are Americans well connected, or addicted?

According to a new survey conducted by the Boston Consultancy Group (BCG), a little bit of both. In order to quantify the extent to which people valued their time spent surfing the web, BCG asked what people would be willing to live without in order to remain connected to the Internet.

A lot apparently: 83 per cent said they'd give up fast food, 77 per cent chocolate, 73 per cent alcohol, 69 per cent coffee and 21 per cent said they would forgo sex for an entire year.

Talking money

- **Contribution to the global economy:** The Internet contributes $2.3 trillion to the global economy and is expected to grow to $4.2 trillion in about four years.

"Whilst we found the survey results surprising in terms of what U.S. consumers are willing to give up in order to keep Internet access, what they reveal is how deeply the Internet has engrained itself in daily life in the U.S.," Paul Zwillenberg, partner at The Boston Consultancy Group and co-author of the report, tells Metro.

The Internet attracts 1.6 billion global users daily, a figure expected to rise to 3 billion by 2016. By then, half of the world's population will be online. But what makes Americans click? Access to global search engines, such as Google and e-mail, as well as online banking and investing were some of the things most valued by Americans.

The Internet economy is the eighth-largest sector in the U.S. and is currently growing at 6.5 per cent a year, giving Americans a reason to believe it could eventually help pull their country out of recession.

Whereas in the past, things like alcohol, sex and chocolate were immune to changes in the economy, none of them have ever had the power to boost a country in crisis like the Internet.

According to Zwillenberg, the perceived value U.S. consumers themselves believe they receive, over and above what they pay for devices, applications, services and access, known as the 'Consumer Surplus,' amounts to $2,528 per person.

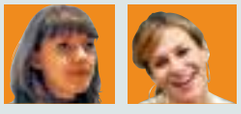
Michelle Obama should be taking notes for her 'Let's Move!' fitness campaign: instead of trying to get Americans fit the conventional way — diet and exercise — she should get the President to ban the Internet.

It seems like an efficient (and faster) way to get the entire country to detox.

Would you give up sex for the Internet? ISTOCK

Advice

Don't deal with a dog



TWO SISTERS
Andrea and Claire
Life@metronews.ca

Dear Sisters,
I'm a freelancer and often work from cafes around town, where I meet interesting people. Lately I've been chatting with a guy who has made it clear he's interested — always making eye contact, asking what I do, offering to share food with me, and generally showing interest in me. He's cute — or he was until he happened to mention that he's in a relationship. What's up with the mixed signals?
Confused but caffeinated!

Relationship or not, some guys just like to flirt. ISTOCK

Andrea: Dear CC,
It's pretty obvious that this guy is a dog. He sees something shiny, shakes his tail and wants to play fetch. But, as cute as he may be, it'd be rude to kidnap someone else's puppy, now wouldn't it? Thankfully the blood did eventually flow back to his brain when he mentioned his relationship.

The way things were going, it sounds like you dodged a bullet there. The fact that he's still flirting with you though, does mean that he and/or his relationship has issues. He may see you as a great distraction, or a valid option to avoid loneliness should he break things off ... or he may see you as flirtatious fun. Either way, you don't need to get into this mess.

Claire: Dear CC,
What's that saying: You can window shop, you just can't buy. Maybe he's window shopping his brains out, flirting via muffins and other baked goods because it makes his day a little more fun. I'm trying to put myself in his shoes — I think we've all done this at some point — enjoyed our attraction to someone all the more because it doesn't have to go anywhere. I know for a fact that I was a much better flirt when I was married, because I felt safe and strong.

And yes, it might indicate that his relationship isn't in great shape, but that's not for you to worry about.

QuestChat™
feel the rush

TRY IT FREE*
519.439.4444

$25/50min 1.900.677.4444 | Dial #CHAT (#2428) .79/min*
Text "QUEST" to 96669 $5/10min Free trial not applicable on #CHAT

Other Cities 1.888.482.8282

questchat.com

*18+ RESTRICTIONS APPLY

Conquer savings paralysis by being a 1% superhero

Baby steps. Why not give yourself a raise? Increase your savings by a little bit each year until you reach your goal.

YOUR MONEY
Alison Griffiths
money@metronews.ca

Is your savings plan a one step forward, two steps back exercise? Do you make tons of excellent resolutions, only to do a financial face-plant when temptation beckons? Or perhaps you get distracted by job, family, life and never manage to keep track so you really don't know where you are.

If you fit into one or more of these scenarios, a rescue by Superhero/ine 1% is in order. Yes, such a character exists — in fact, Marvel Comics has been beating down my door for the rights.

But while I'm waiting on millions in royalties, let's put Superhero/ine 1% to work for you.

Say you earn $50,000 and are saving three per cent of your income ($1,500) annually by contributing to an RRSP, TFSA or a savings account.

Ten per cent is usually the gold standard for savings. But getting to 10 per cent from three is like trying to lose 25 pounds in a couple of weeks. Maybe you can do it, but maintain it? Tougher.

If you stick with the current savings rate and manage a four per cent return over the next 10 years, you'll have just over $18,500 tucked away. I'm also adding in a salary boost of two per cent annually and assuming inflation is three per cent.

Now, take the hand of Superhero/ine 1% and increase your savings rate from three to four per cent annually ($2,000). After 10 years you'd have more than $24,600 squirrelled away. If this money is contributed to an RRSP, the net gain will actually be higher as your taxable income will be reduced.

Here's where Superhero/ine 1% really produces magic. If you can increase your savings by a single percentage point every year you'd have $52,300 in hand.

Granted, at the end of 10 years your savings rate would be 13 per cent of income. To many that's too big a leap. Not only that, you might be saying, "In your dreams!" when looking at my salary increase projection of two per cent annually.

My point is that by increasing your savings a small amount annually or until you reach a specific goal — say 10 per cent of income — you can conquer savings paralysis.

And it's all thanks to Superhero/ine 1%. You can play with your own figures with The New York Times' The 1% more saving calculator. (Visit nytimes.com and go to the Your Money section. From there, search for "The 1% more calculator.")

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT GRIFFITHS.ALISON@GMAIL.COM OR ALISONGRIFFITHS.CA

Alison's money rule

"Wealth will be in your future just by increasing savings by a small percentage annually."

How much are we saving?

- **Nest eggs.** 2.3% of gross income (or 4.9% of after-tax income) is the average Canadian savings rate.

As your earn more, make sure to save more. ISTOCK

When it comes to taxes, don't get in over your head. ISTOCK

Know when to get a little tax help

Don't be a hero. Before you sit down with a calculator and a brown paper bag (to breathe into) consider using a professional tax advisor.

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesleyscorgie on Twitter

Sitting on the fence about hiring a tax advisor?

Professional tax advisors can help you file your taxes on time and correctly. They can optimize your unique tax situation by determining the appropriate credits and deductions and help you plan your taxes for the future.

It's a good idea to hire a professional advisor when:

You are not sure how or you don't have time to prepare your own taxes. Don't take chances on your taxes. Get them prepared correctly and on time. If you file them incorrectly or late, there can be penalties and adjustments.

You have experienced a major life event. If you have moved, married, divorced, had a child or experienced death or disability within your family; your tax considerations are more complex. Hiring an advisor will help you navigate through the details.

You own a business, or have multiple streams of income. If you're running a business from your home, own a business, work multiple jobs, own rental properties or have freelance income, there are unique tax rates, rules and write-offs associated with these forms of income.

You have experienced a major change in your financial situation. If you won the lottery, filed for bankruptcy, are being audited, made or lost a significant amount of money; your tax rate, benefits and legal obligations may have changed.

If you're going to hire a tax advisor or tax accountant, get a referral from a friend or family member. Affordable, professional tax services are also available through firms like H&R Block (hrblock.ca).

Always get yourself organized before meeting with a tax advisor; gather your prior returns, tax slips, receipts and make notes of relevant information. This will save the advisor time and you'll save money.

If you have time and knowledge to prepare your own taxes correctly, go for it. You'll save money on tax advisor fees. Typically, if your tax situation is straightforward, your return should be also.

Tip from Lesley:

'Always get yourself organized before meeting with a tax advisor; gather your prior returns, tax slips, receipts and make notes of relevant information. This will save the advisor time and you'll save money."

Blue Jays

McGowan signs extension

Pitcher Dustin McGowan has signed a two-year contract extension with the Toronto Blue Jays, the club announced Monday.

The deal pays him $1.5 million US per season in 2013 and 2014 with a club option for 2015 worth $4 million.

He signed a one-year deal in December for $600,000.

The oft-injured 30-year-old missed the 2009 and 2010 seasons and most of 2011 due to shoulder operations. McGowan pulled himself out of a game over the weekend with what was diagnosed as plantar fasciitis. He is currently listed as day-to-day. THE CANADIAN PRESS

NHL

Daniel Sedin
DARRYL DYCK/THE CANADIAN PRESS FILE

Canucks confirm Sedin is concussed

Vancouver Canucks coach Alain Vigneault said Monday that winger Daniel Sedin has a concussion.

But the team stayed mum on Sedin's condition, or possible return before the playoffs.

"He's got a concussion, and when we have something more to say, we'll say it," said Vigneault. "We're just going to follow the (concussion) protocol, and when we have more, we'll share it with you."
THE CANADIAN PRESS

Soccer

'Encouraging progress' for Bolton's Muamba

Bolton midfielder Fabrice Muamba is eating again and has been able to leave his bed as he maintains "encouraging progress" in his remarkable recovery from a mid-game cardiac arrest March 17.

A joint statement from Bolton and the London Chest Hospital on Monday says Muamba remains in intensive care "where his condition is serious but stable." THE ASSOCIATED PRESS

Canadian goalkeeper Michal Misiewicz gives up the game-tying goal against Cuba Monday night in Nashville, Tenn. FREDERICK BREEDON/GETTY IMAGES

Canada stunned in injury time

Soccer. Cuba scores in 91st minute, ties Canada 1-1 in CONCACAF Olympic qualifier

Monday's game

Canada	Cuba
1	1

Canada moved on to the semifinals but missed out on a chance to clinch first place in its group at the CONCACAF men's soccer Olympic qualifying tournament.

Evan James scored for Canada, which gave up a late goal to Cuba in a 1-1 draw on Monday.

Lucas Cavallini charged the Cuban goal then passed back to James, who fired a low shot to the far corner that gave Canada the lead in the 24th minute.

But Maykel Reyes tied the game in injury time after heading in a ball on a free kick past Canadian keeper Michal Misiewicz.

Russell Teibert nearly made it 2-0 on a free kick in the 70th minute, but Cuban goalkeeper Odisnel Cooper stretched to tip the ball over the net.

Canada entered the game in prime position to win Group A after a stunning 2-0 upset of the United States on Saturday.

Now Canada will move on to the semifinals in Kansas City. The two tournament finalists qualify for the London Games.

The final group positions were still to be decided with the U.S. and El Salvador also in action. A U.S. win will give the Americans top spot in Group A, meaning a less favourable semifinal matchup for Canada.
THE CANADIAN PRESS

Steve Weatherford punts for the New York Giants in January.
NICK LAHAM/GETTY IMAGES FILE

NFL. Kickoff rule helps reduce concussions: League

Moving kickoffs up five yards last season did exactly what the NFL sought, reducing concussions.

"The kickoff rule had an effect on the game," said Rich McKay, chairman of the league's competition committee. "There was a 40 per cent reduction in concussions on that play."

The league repeatedly has said the change to kicking off from the 35-yard line was done solely for player safety. McKay said Monday at the owners' meetings in Palm Beach, Fla., it served that purpose. But he admitted surprise that total kickoff returns dropped 53 per cent.

For all plays, concussions were down 12.5 per cent, from 218 in 321 games in 2010 to 190 in 320 games last season.

Owners will vote this week to enhance player safety by outlawing horse-collar tackles on passers in the pocket, a proposal made by the Pittsburgh Steelers.
THE ASSOCIATED PRESS

4 SPORTS

Final Four

Vegas gives the odds to Wildcats

Sin City casinos are sticking with Kentucky and Ohio State as Final Four favourites and still think the Wildcats have by far the best shot of winning the NCAA title. Odds put out by Nevada casinos after the matchups were set show they think Kentucky — the No. 1 seed overall in the tournament — has a 52 per cent shot at the title despite needing to win two more games, gambling expert RJ Bell of pregame.com told The Associated Press. Casinos believe Ohio State has a 25 per cent chance, Kansas a 15 per cent chance and Louisville an eight per cent chance, Bell said. Kentucky meets Louisville and Kansas plays Ohio State on Saturday.
THE ASSOCIATED PRESS

NFL

Payton could 'probably' coach during appeal

NFL commissioner Roger Goodell might allow Sean Payton to coach the Saints while he appeals his season-long suspension for his role in the team's bounties program. "I said in a letter they have to appeal by April 2, I believe," Goodell said Monday at the owners' meetings in Palm Beach, Fla. "If he decides to appeal, I probably will allow him to continue and I would expedite the hearing and I would expedite my decision." Payton's agent, Donald Yee, said "no decisions have been made about an appeal" by his client.
THE ASSOCIATED PRESS

Tebow the Jet: 'This is where I want to be'

NFL. Celebrity backup meets media, says he and Sanchez have great relationship

Tim Tebow got his first New York close-up Monday.

And he handled it all with the same cool approach — smiling, polite, composed — that has won over so many football fans.

Tebow was introduced at a news conference in the Jets' field house in Florham Park, N.J., because the media crush was so great the session couldn't be held in the team's normal press room. And the headline-grabbing New York backup QB was quick to downplay any conflict between himself and starter Mark Sanchez.

"Me and Mark have a great relationship," Tebow said. "We've been friends the past three years and have already texted back and forth. We are going to have a great working relationship and I think we'll have a lot of fun together."

Acquired last Wednesday from Denver, the exciting but flawed quarterback is coming off a season of incredible comebacks with the Broncos, taking them from a 1-4 record to the playoffs. The Jets are hoping he has more surprises left in him.

It's been a whirlwind few weeks for Tebow, who just last month was declared the Broncos' starting quarterback by John Elway. Not long after that, Peyton Manning was suddenly in Denver and Tebow was told he could get traded.

He did, and now he's a member of the Jets.

"This is where I want to be," Tebow said, adding that he preferred the Jets over the Jacksonville Jaguars because he was familiar with New York's coaches. Tebow and head coach Rex Ryan share the same agent, and they chatted at the Super Bowl in Indianapolis last month.

THE ASSOCIATED PRESS

Quoted

"I don't see Tim just holding a clipboard. He's going to be playing for us. There is no doubt."

Jets coach Rex Ryan, suggesting at the NFL meetings in Palm Beach, Fla., on Sunday that Tim Tebow could be used at a position other than quarterback. Ryan kept referring to Tebow as a "football player," his ability not limited to QB.

Tim Tebow addresses the media on Monday. MIKE STOBE/GETTY IMAGES

HELP WANTED

General Help

Full Time & Seasonal Positions Available!
Now hiring for all positions. Customer Service, Marketing, Sales, Management. No Exp Req. Students Welcome. **519-913-3140**

Business Opportunities

Buck or Two Plus!
Franchise Opportunity in London
A new Franchise business opportunity is available, includes inventory, full training, online communication and support.
If you have retail experience and considering becoming a Franchise Owner, call Finlay Burt at **905-265-3168** or email at **fburt@extremeretail.ca.**

Gotta old couch you wanna get rid of?
Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

Education

Education

Collège Boréal
COLLEGEBOREAL.CA

YOUR ONE-STOP SHOP FOR YOUR LANGUAGE AND EMPLOYMENT NEEDS

LINC and **ELT** English courses are offered to permanent residents and funded by Citizenship and Immigration Canada. These free programs are available to adults over the age of 18 with transportation and daycare support for those who qualify.

Les cours d'anglais **CLIC** et **CLNA** sont offerts aux résidents permanents et financés par Citoyenneté et Immigration Canada. Ces programmes gratuits d'anglais langue seconde sont proposés aux adultes de 18 ans et plus avec la possibilité d'aide financière pour les frais de garde d'enfants et de transport.

519.451.5194

Citizenship and Immigration Canada / Citoyenneté et Immigration Canada

EMPLOYMENT OPTIONS EMPLOI

Looking for a job? Interested in a Second Career or an Apprenticeship program? We can help! Job search strategies, placement support, resume, cover letters and mock interview workshops.

Vous cherchez un emploi? Vous aimeriez explorer nos programmes d'apprentissage ou de Deuxième carrière? Nous pouvons vous aider! Stratégies de recherche d'emploi, appui dans vos placements, ateliers de rédaction de CV, de lettre de motivation et simulations d'entretiens.

519.672.1562
www.employmentoptionsemploi.ca

HOUSEHOLD SERVICES

Movers

Make the easy move! *Sprint Moving Service* Bonded, insured, 24/7 services, Rates start at $60/hour Free estimates theeasymove.ca (519) 859-4770

SERVICES

Financial

LONDON TAX DEPOTS
Income Tax
preparation with e-file
Year Round Service
Bookkeeping Services
(519) **451-9244**
1141 HIGHBURY AVE
(519) **652-3001**
1830 WHARNCLIFFE RD S.

find us
follow us
like us
metro

LOOKING TO MAKE A CAREER CHANGE?
Read metro work every Monday & Wednesday.

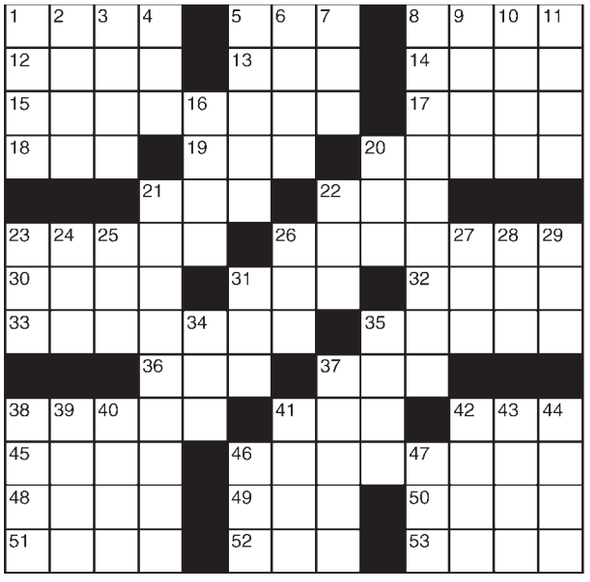
Sell Your Stuff For FREE! Call 1-800-527-6767

Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

2 Night tables - $25 each Upright Vacuum - $64.00 Old China Cup and soucer $8.00/each (519) 434-9947	Auto. adjust. XL twin bed, massage Excellent condition Bought $2000 **Sell $500** **519-281-8948**	Compression Stockings Size 11 (Brand New in Box) Asking $25 (519)933-0155	Fridge $100; Couch $100; Ionic Air Purifier $75; Hospital bed $75; Dryer $85 (519)280-4101	**HD BOX** **CABLE BOX** **$20.00 for both** **519-601-1720**	Real Indian Rug, 8 X 10 In a very good condition. Beautiful color. $ 400.00 or best offer. (519) 681-5587
2 Wooden Hockey Sticks New Doug Gilmore Right Handed $8 each 519-453-8798	**BLANKET BOX** **$30.00** **519-685-2846**	**COMPUTER DESK** **Glass top** **Good Condition. $30 OBO** **519-685-2846**	Fridge, side by side, almond color non scratchable, 67 inches tall, 32 inches wide, in good condition. $ 250.00 to be pick up by April 5 (519) 681-5587	Krup Coffee Grinder Black $7.00 Rowenta Travel Iron New $15.00 (519)601-1720	Set of Luggage small medium and large Purchased from the Bay asking $110 519-679-5332
30 inch HOTPOINT STOVE Black tinted glass/black hood Great condition. ASKING **$75.00 OBO** **519-457-2190**	Bradford exchange procullin dalls Marry had a little lamb, little surlock, Cristopher Columbus, Michael, amanda, Christopher $50/each 519-671-6490	Danish dresser 56" long 26" high Teak Finish 6 drawers Excellent condition $350 Call after 10am (226)663-7562	Geo Bike PB710 Black New last year $600 (226)448-6283	Looking for gurage space 25' by 30' for one month 519-266-7648	**Vintage Alto Saxaphone - Buesheur $350 OBO** **(valued at $1500)** **(519)453-0438**
Advertising Display Pole 9' with base and brackets, mint condition, asking $90.00 Please call **(519)473-1091**	Collectible Movies DVDs and Vynals Assorted veriaty Excellent condition Call for infromation minial purchase $5.00 Call after 10am (226)663-7562	Florescent Light Fixture 4' by 8" cord & Switch 519-453-8798	Glass Top Patio table asking $60.00 3 Seater Swing with Awning $150.00 (519)434-9947	Mountain Bike 26" 15 speed excellent condition ask $120 Please contact after 10am (226)663-7562	**Window Air Conditioner** **5000BTU** **$100** **(519)473-3434**

CLASSIFIEDS CUSTOMER SERVICE: 1 800 527-6767 – MONDAY TO FRIDAY 8:30 AM TO 6:00 PM (ATL) Metro requests that advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will not be responsible for any error other than an incorrect insertion due to any act or omission of Metro. In any event Metro will only be responsible for one incorrect insertion of any particular ad regardless of the number of times such ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the Customer for a single publication of the advertisement in the space the ad is run. In no event shall Metro be liable for any non-insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to classify all advertisements.

Crossword



Across

1 Sweater eater
5 Sinful
8 Robbers' foes
12 Emanation
13 Leading lady
14 Picnic hamperer
15 Medieval launcher
17 "Beetle Bailey" dog
18 Superlative suffix
19 De-pressed
20 "Nonsense!"
21 Upper limit
22 Egos' counterparts
23 Abrasive powder
26 Belgian —
30 Long car
31 Moving vehicle
32 Greek vowel
33 Befuddle
35 Church musicmaker
36 Chicago team, for short
37 Mimic
38 Off-spring
41 Winter ailment
42 Frequently, in verse
45 Corporate symbol
46 Goalpost piece
48 PC maker
49 Clumsy sort
50 Long sandwich
51 Lincoln in-law
52 Mel of Cooperstown
53 Watched

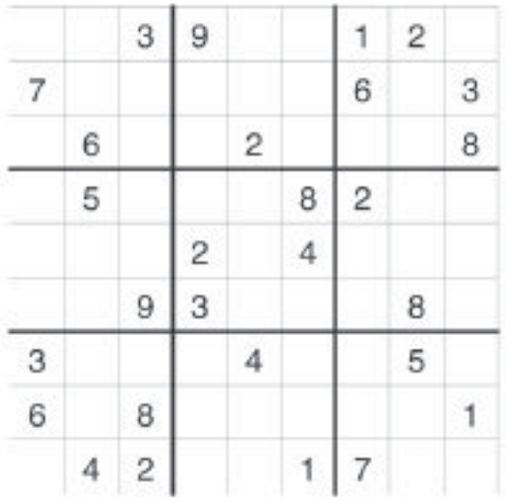
Down

1 Spiked club
2 Not just mine
3 Race-horse's gait
4 Owns
5 Jazz style
6 Acknowledge
7 Morning moisture
8 Rapid exchange of words
9 Inauguration recitation
10 Pocket bread
11 Frosty's makeup
16 Do in
20 Sharable file
21 Arthur Wynne creation
22 Author Fleming
23 Sprite
24 Wire measure
25 Ostrich's cousin
26 1940s headline word
27 Journal
28 Schedule abbr.
29 — Diego
31 Irritate
34 Heavy weight
35 Piece of work
37 Soaring
38 Bed-frame piece
39 Somewhat, to the maestro
40 Worn
41 "Animal House" house
42 Do as you're told
43 Passenger's payment
44 Walked (on)
46 Bill and —
47 That woman

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Yesterday's answer

Sudoku



How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

Send a kiss

- **To Music.** if not for music, and its healing purposes as well as other methods. Music is by far the best route. To experiencing new magic at new beginnings, to knowing what it feels like in leaving. To each and every day — music is by far the best medicine for the soul besides praying to a higher power! good night everyone and hug someone it feels good, or smile — that feels good too. if all alone, you're not completely all alone! Wow, that was the longest, darkest tunnel ever crawled thru! There is the light! No, am not paying attention to past posts! am doing own thing.....Rock n Roll. From Music Lover
- **Wish/Wash.** You can hold your convictions but you know that when you see me next, you're going to shatter. From True/Steady
- **You Missed.** You'll get all you want if you go after it again. From Will
- **Josh's friend.** You sound cute! Tell Josh that if I wasn't hopelessly in love with him, I might date you! Tell 'em my phone number is listed under "interests" on LinkedIn. From Julie

Horoscope

Aries | March 21 - April 20. Think about your next move, but don't make it yet.

Taurus | April 21 - May 21. Stay calm and refuse to panic. It may appear as if your world is being turned upside down but you should know by now that appearances are often deceptive.

Gemini | May 22 - June 20. Someone who does not share your open and optimistic way of looking at the world will challenge your viewpoint today, but you don't have to prove anything to anyone.

Cancer | June 21 - July 22. Start laying the groundwork for your future success.

Leo | July 23 - Aug. 22. So many changes are happening in your world that you can, if you wish, make a few major changes of your own.

Virgo | Aug. 23 - Sept. 22. Make a conscious effort to check the small print of everything you are working on today, especially if there is money involved.

Libra | Sept. 23 - Oct. 22. Do you know what you want? And do you believe you are capable of getting it? If the answer to both those questions is "yes" then you will begin to experience real success.

Scorpio | Oct. 23 - Nov. 21. It's time to start tackling all those things you have been avoiding.

Sagittarius | Nov. 22 - Dec. 21. If you need to say something of a delicate nature to a friend or family member, now is the time to speak up.

Capricorn | Dec. 22 - Jan 20. You may feel rather left out of things at the moment but in a way that's a good thing because it gives you time to think.

Aquarius | Jan. 21 - Feb 18. Treat yourself to some quiet "me time" away from the rat race. You've earned it.

Pisces | Feb. 19 - March 20. What other people see as a crisis doesn't bother you in the slightest. Why? Because you can see that, in the greater scheme of things, it is of no real importance. SALLY BROMPTON

Caption Contest

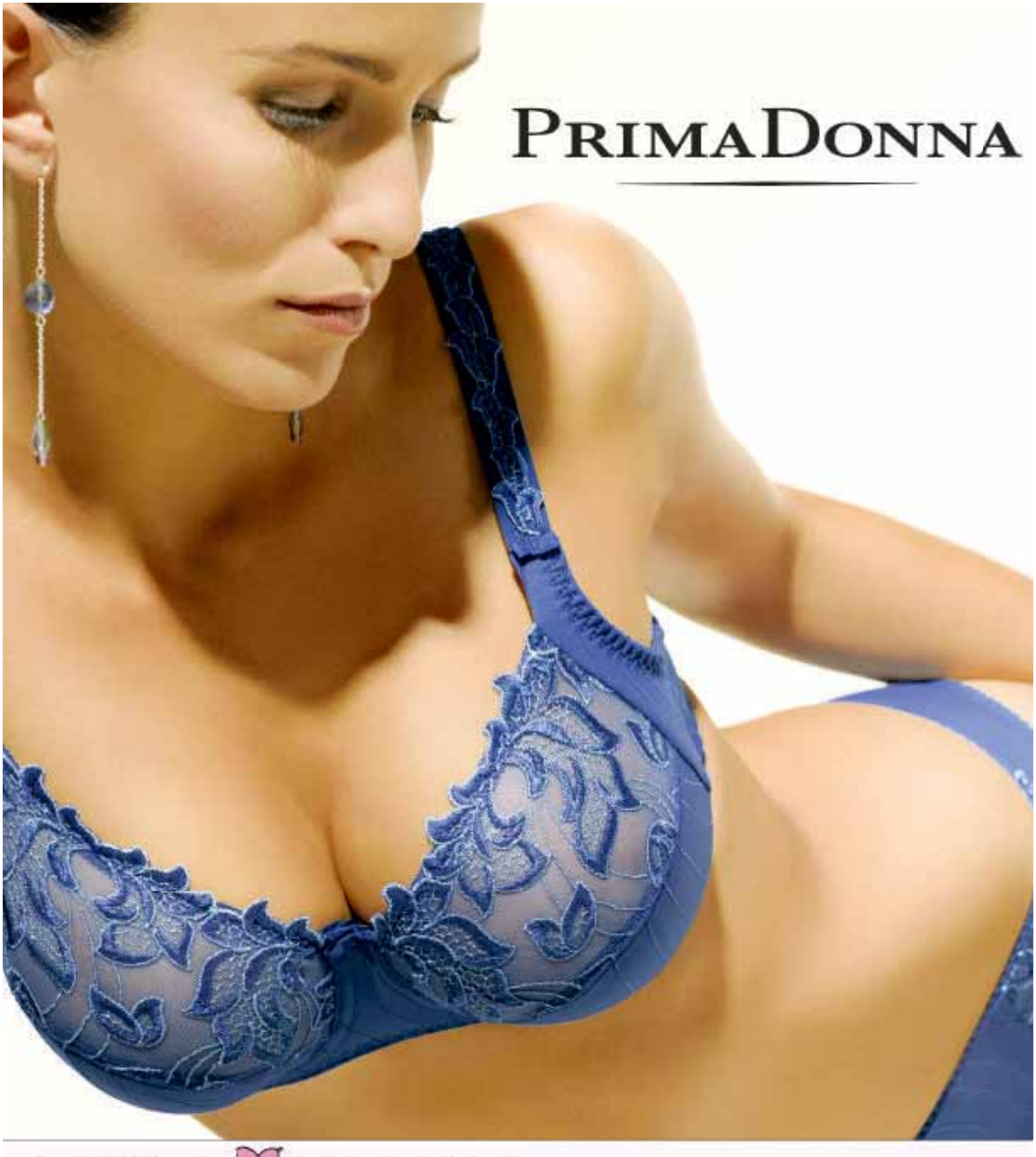
"I've heard winning by a noise ... but never a toe!!"
Nancy
VINCENT THIAN/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in yesterday's Metro.

NEED A RIDE?
Read metrodrive every Wednesday.



LINEA INTIMA

lingerie luxury. love.

improving women's lives, one bra at a time!

www.lineaintima.com • 620 Richmond Street, London • 519-850-3633